

How do I handle stress?

Below are listed common ways people cope with stress in their life. Circle the number at the beginning of each line for those that represent how you often respond in stressful situations:

1. I ignore my own needs, just get on with it and work harder.
2. I look to friends for conversation and support.
3. I overindulge in my favourite or unhealthy foods. Chocolate, biscuits, chippies etc
4. I get involved in some type of physical exercise.
5. I get irritable and take it out on those around me.
6. I take a little time out to relax, breathe, and unwind.
7. I smoke a cigarette or drink a caffeinated or alcoholic beverage.
8. I confront my source of stress and work to change it.
9. I withdraw from people around me and just go through the motions of my day.
10. I change my thinking about the situation and put it in a better perspective.
11. I sleep more than I really need to.
12. I take some time off and get away from it all.
13. I go shopping and buy something to make myself feel good.
14. I joke with my friends and have a laugh to make myself feel better.
15. I drink more alcohol than usual. Wine and beer o'clock!
16. I get involved in a hobby or interest that helps me unwind and feel good.
17. I take prescription medicine to help me relax or sleep better.
18. I focus on my diet, eat healthy food and drink more water
19. I just ignore the problem and hope it will go away.
20. I meditate or practice more mindfulness.
21. I worry about the problem and then feel afraid to do something about it.
22. I try to focus on the things I can control and accept the things I can't control.
23. My sleep pattern gets disrupted and then I feel worn out.
24. I acknowledge what stress I have and look at ways of dropping aspects of it.

LIGHTBULB

Let's look at your results:

Did you relate to many of these common tactics for dealing with stress each day?

The even-numbered tactics are more constructive or healthy ways of dealing with stress.

The odd numbered tactics are less constructive or unhealthy ways for coping with stress.

If you found that you are using more unhealthy tactics for dealing with stress than consider which of the healthy approaches of dealing with stress you can start using in your life. Try picking one or two of the healthy tactics that you feel might work for you and start using them today. Experiment with different healthy tactics, perhaps even find some of your own and see which ones work best for you.